

TENTH THOUSAND.

WHAT DOCTORS SAY ABOUT ALCOHOL:

BY THE

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Late and last Chaplain H.M. Prison, Clerkenwell.

(Reprinted from the "Church of England Temperance Chronicle.")

WITH A PREFACE BY

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"Nothing could be better than that Lecturers should go about the country teaching the middle and upper middle classes the disadvantage of alcohol as it is daily used."—SIR W. GULL.

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PREFACE.

THE opportunity of removing a stigma rarely occurs when the stain is fixed by public accusation, and thus it happens that occasionally, although the motives which prompt a medical man to certain definite action may be of the best, still the result is so unfortunate as to bring upon him the charge of carelessness, and even of malpraxis, which leaves an undeserved blight upon his character.

It is justly felt by the advocates of Total Abstinence that doctors who, in their treatment of disease, largely advise the taking of alcohol, wield a weapon of such force that it may inflict a crushing injury, not only on the progress of the malady, but on the constitution of the patient also, so as to render him handicapped both morally and physically. I shall, therefore, venture in these few words to explain the reasons which lead doctors to use alcohol in medicines, and our readers will learn from the following pages that the medical profession is now fully alive to the dangers eloquently illustrated by sad facts of daily experience.

There is no class of professional workers whose opinions and actions are so much at the mercy of the constant advance of scientific knowledge, as those of medical men, and it is owing to this fact that doctors have been charged from one decade to another with apparently adopting opposite lines of treatment for precisely the same disorder. For it frequently happens that physiology and pathology suddenly startle the scientific world by revealing some new and striking fact which adds greatly to our knowledge of the function of some organ or tissue. Such facts are eagerly taken up and acted upon by the members of the profession, always looking to science for help in elucidating the problems of disease which baffle the means at their disposal.

It is just this same eagerness which led doctors to readily accept the proposals of Dr. Todd and others to treat diseases with alcohol, a mode of treatment which has with justice received sharp criticism from temperance writers,—criticism, however, which did not always give Dr. Todd the credit of labouring earnestly, if empirically, in the cause of humanity. But searching inquiry into the same treatment has not been wanting among some medical men, who, acting with scientific caution, hesitated to receive too freely the latest results of a new line of treatment, and subjected it, therefore, to the test of experiment.

In this way, *the alcoholic treatment of disease received a fair trial, and has been found wanting.* But although, as I have just endeavoured to show, the dosing of patients with alcohol was an energetic, if empirical, attempt to master the enroachments of disease, doctors have been assailed as causing widespread intemperance as a legacy of their treatment.

This is really the point upon which blame is to depend ; for while it is unjust to criticise unfavourably the motives or origination of such treatment, in view of the then incomplete state of scientific knowledge, still it must be freely admitted that doctors do omit sometimes to order the discontinuance of the stimulant, or, what is more unfortunate, leave it entirely to the discretion of the convalescent himself, whose mind and body are necessarily weakened.

But this reproach is fast being removed from the shoulders of the medical profession, which only requires to be furnished with facts to enter upon the wisest course. Proof of this must be familiar to all, and the pages of the *Medical Temperance Journal* bear witness to the increasing development among medical men of the view that *alcohol requires as much caution in its administration and continuance of its use as any other potent drug, such as opium or strychnia.* More convincing evidence comes from surgeons, among whom the practice of administering alcohol to persons the subjects of operations is diminishing rapidly, and also from the well known fact

that the degenerate tissues of the intemperate man have but little power to heal a wound.

But turning from the dismal side of disease to the more cheerful prospect of health, it must be very gratifying to those who in a most practical way feel the great benefit of abstaining from the so called moderate use of alcohol, to know that among doctors there is a strong consensus of opinion that *alcohol does a healthy man no good*. Indeed, many well known practitioners, who prescribe it as a drug, abstain from a daily use of it themselves.

It is surely irrational in those who say, "Oh, the body can easily get rid of a small dose, but it certainly cannot stand a big one." To deny that small quantities do harm is irrational, because the same persons justly charge a man who daily takes small doses of opium with slowly ruining his moral and physical health.*

The old and very true proverb of the continual dropping of water wearing a stone away is lost sight of by such writers, and yet *the effect of a small quantity of alcohol differs only in degree from the injury which they admit is inflicted by a large one*, so that the tissues are continually being sapped, however slowly.

It is no argument against this view to say that many people indulge and yet enjoy good health, until proof is brought that their well being could not be improved by abstaining. In fact, we have the direct evidence of Dr. Parkes' experiments that this improvement would occur, and there is now overwhelming support, given to the same fact from the statements of those who have tried both modes of life and who find that their energy and activity is notably improved by leaving off the "moderate and social (?) glass."

In fact, we have, as it were, a popular exposition of the great truth contained in the weighty scientific evidence collated in the following pages.

VICTOR HORSLEY.

WHAT DOCTORS SAY ABOUT ALCOHOL.

FOR good or for evil the power and influence of the medical profession in the matter of the use of alcoholic drinks is equalled and limited only by the paramount claims of duty on the one side, and of the *vis inertiae* of perversity and a vicious appetite on the other.

It is honestly admitted, though the denial of every doctor in the world would not alter facts, that infinite and often irremediable harm has been done by the well nigh indiscriminate prescription of alcohol as a panacea for every ailment, by the unscientific way in which the amount taken has been practically left to the patient, and by the continued neglect of many doctors to inform themselves by experiment or even by serious reading of the chemical and physiological effects of this narcotic and irritant poison. It is doubtful if more harm has ever been done in the name of science than by the eminent physician who popularized the port wine treatment of disease, with results that generations yet unborn will lament, but lament in vain, until under the influence of better fashions and better science the physical evil has gradually died out. Who has not heard the excuse of the immoderate tippler, "My doctor orders me to keep my constitution up by stimulants, by some generous (?) wine?" Who has not met with the excuse, "I only take it as a medicine?" True, these excuses are often known, even by those who depend on them, not to be reasons; true, there is as much dishonesty on the part of patients in the use they make of a palatable prescription as there is carelessness on the part of doctors in the way that prescription is given, its effects watched, and its disuse ordered; yet still the medical grounds for or against the use of alcoholic beverages (the question of the retention of alcohol as a drug is entirely separate and not yet ripe for settlement) must always be seriously examined, whatever be our predilections or habits. And it is worthy of note that the examination of the properties and powers of alcohol has been largely forced on medical men by their patients, and perhaps still more by the existence and health of those

who rarely become their patients. It is not so long ago that the medical officers of Insurance Societies to a man advised their Boards not to accept the proposals of Total Abstiners, who must, *ipso facto*, be moribund or chronic invalids at the best ; now the perversity of Teetotalers in retaining their health and proving their comparative longevity has forced such officers to enquire most closely into the Temperance of every would-be insurer, and to assent to the declarations of many an actuary that from a purely business point of view the life of a Teetotaler is better than that of a moderate drinker. Nothing should more excite our thankfulness than that the medical profession has been obliged to study facts instead of evolving baseless theories, to minimise the prescription of alcohol to an extent that almost amounts to a revolution in therapeutics, and especially that many have studied deeply and spoken as clearly, as strongly, in favour of the strictest temperance. The disease of intemperance can only be prevented or cured by the co-operation of the physician with the priest and the teacher, for it attacks the body as well as the spiritual and mental faculties, the whole man, in fact, in his tripartite nature. Grace is mighty, and prayer guides the hand of Omnipotence, but yet there is a need of physical remedies, as our Lord pointed out when He said, “this kind goeth not out but by prayer *and fasting*,” which latter term may be taken to comprehend all physical remedies as prayer would include every means of grace. We thank God, therfore, for the inestimable advantage given to our work as Temperance reformers by the labours and words of such men as Drs. Richardson, Carpenter, Kerr, Parkes, Edmunds, Ridge, Acland, Clark, Drysdale, and Greenfield ; Professors Miller and Bernays, Sir H. Thompson, and Sir W. Gull, and we pray that their brethren may more, and that speedily, come to see the responsibility that lies upon them to learn exactly the nature and effects of the alcohol they “exhibit,” to be more careful in prescribing it, and more careful when it has been prescribed, that the intended remedy does not induce a habit and even a disease worse than that it was intended to alleviate or cure.

But as the evil as well as the good that men do lives after them, so, unfortunately, if the medical profession were to abandon entirely the prescription of alcoholic beverages, and dispense simply the pure drug from their toxicological cabinets instead of from the cellars of their patients or the public house, there would remain, for a generation at least, the tradition and the acquired habit which would seek to justify the use and even the abuse of alcoholic drinks by the quotation of medical advice, dating from a less enlightened era, and given under different circumstances of health or even to different persons.

It is then to aid those who would create a more healthy and honest public sentiment in the matter that I have read some hundreds of papers or reports of speeches (my labour being largely facilitated by the excellent *Medical Temperance Journal*), and extracted from them brief and pointed utterances on points as to which instruction is still obviously needed in the face of the ignorance, prejudice, and interests which exists about the use of alcohol in health or sickness, and its effects upon the normal or occasional conditions of the human frame.

These heads of instruction will be on alcohol and health, alcohol and strength, alcohol and warmth, alcohol and nutriment, alcohol and digestion, alcohol and the brain, alcohol and maternity, alcohol and heredity, alcohol as a medicine, and alcohol as a poison.

Doctors will disagree no doubt as long as doctors exist, and my aim is not to give both sides of the question, for the simple reason that that side which falls in with the inclinations and habits of a nation in which drinking customs have held sway in every class is but too well known and too eagerly quoted. I shall but attempt to make it clear to the most prejudiced or ignorant that our side is supported by the clearest testimony of eminent doctors, and thus haply to remove a stumbling block from the weak, and a cause of reproach from a noble profession whose attitude and teaching is but too frequently quoted as a justification for innumerable follies and ills. But as one pin with an indubitable point will humble a windbag, however solid it may seem, so one clear demonstration of

science, one dictum logically deduced, may cause each one of the fallacies about the use of intoxicants which are popular in both senses of the word to be seen in their true colour as absurdities and untruths, until of all the arguments and reasons for drinking none remain save the last, though most honest, refuges of the advocates of alcohol—"I like it," and "It's the fashion."

I would only add that I shall be grateful to any who will bring to my notice such additional dicta of medical men of the same character and length as those I shall quote, and on the points enumerated above, as may have escaped my eyes.

i.—ALCOHOL AND HEALTH.

(A.) *Alcohol not necessary or beneficial to health.*

"There seem no useful effects to be anticipated from the use of alcohol in health."—DR. PARKES.

"Alcohol is never beneficial to a person in health."—DR. H. LEE NORRIS.

"People in ordinary health do not require alcohol in any form, and are not benefitted by it even in very small quantities."—SURG.-MAJOR H. CAYLEY.

"A healthy man, with healthy surroundings, not only requires no alcohol, but, daily taken as an article of diet, it is in the end pernicious."—MR. H. WEEKES.

"Neither spirit, wine, nor malt liquor is necessary for health."—INSP.-GENERAL SIR J. HALL.

"As for the old opinion that people in health, or living in ordinary conditions, could not live or work without wine, it is an opinion no careful or thoughtful physician thinks of maintaining."—PROF. ACLAND.

"Upon the whole the human race would be situated just as favourably if the use of alcohol did not exist."—DR. BURDON SANDERSON.

"To a person in good health alcohol is not in the least necessary or beneficial; he will do harder and sounder work without it."—DR. H. MAUDSLEY.

"Health cannot be benefitted by alcohol in any degree."—DR. A. CLARK.

"Fermented and distilled liquors are never necessary for any purpose, except in certain persons in whom habit has created a need of them truly morbid."—ROYER-COLLARD.

"A man or woman who abstains is healthy and safe. A man or woman who indulges at all is unsafe. A man or woman who relies on alcohol for support is lost."—DR. B. W. RICHARDSON.

"I have in no case met with a single instance wherein abstinence has exercised a prejudicial influence upon the individual in any way."—DR. FERGUS FERGUSON.

"Disease is much less frequent among Teetotalers, and disease is much less troublesome."—MR. A. J. H. CRESPI.

"A man finds that he enjoys best health when he abstains altogether from wine and spirits, and drinks plain water."—DR. MURCHISON.

"There can be no excuse on physical grounds for rejecting the practice of Total Abstinence."—DECLARATION OF 43 ARMY DOCTORS IN INDIA.

(B.) *Ill-health attributable to the use of alcohol.*

"I hardly know any more potent cause of disease than alcohol."—SIR W. GULL.

"The immense disease-making of Intemperance is appalling."—DR. PARKES.

"Alcohol, next to pulmonary consumption, kills more adults than any other single morbid cause."—DR. DRYSDALE.

"As an agent for producing denegeration alcohol is unrivalled."—*The Lancet*.

"The great bulk of ailments that come under my observation are traceable to the evil consequences of drink."—DR. J. ROGERS.

"There is no vital organ of the body in which there is not induced, sooner or later, more or less disorder and disease by alcohol."—PROF. J. MILLER.

"There is no greater cause of evil, moral or physical, in this country than the use of alcoholic drinks."—SIR H. THOMPSON.

"More than three-fourths of the disorders in what we call 'fashionable life' arise from the use of alcohol."—DR. A. CLARK.

"Alcohol is a most destructive agent to every organ and tissue of body, either in a state of health or disease."—DR. DICKSON (Canada).

"Alcohol, when taken as something additional to food, is at all times perilous and often most hurtful."—PROF. MILLER.

“The largest quantity of alcohol which can be taken in twenty-four hours without evident ill-effects is $1\frac{1}{2}$ oz.”—DR. PARKES.

“If a man takes a public-house he may reckon on dying in about half the time he would have lived if he had been, say, a gardener.”—DR. A. CARPENTER.

“Alcohol, taken in what is usually regarded as moderation, is more or less directly the cause of a large number of the ailments which, in this country, render life miserable, and bring it to an early close.”—DR. MURCHISON.

“The habitual drinker recovers with difficulty from severe wounds, or from fevers, and is always the first to fall in epidemics.”—DR. H. G. TODD.

“A man may drink in such a way as never to feel consciously excited or embarrassed, yet ruin his health and cut short his days more speedily and surely than the man who is dead-drunk every Saturday night.”—DR. GREENFIELD.

“A very large proportion of some of the most painful and dangerous maladies which come under my notice I have no hesitation in attributing to the ordinary and daily use of fermented liquors, taken in the quantity which is conventionally deemed moderate.”—SIR H. THOMPSON.

“Alcohol vitiates the blood, inflames the stomach, overtaxes the heart, destroys the kidneys, hardens the liver, and softens the brain.”—DR. N. KERR.

“There can be no doubt that the greatest source of evil in the world is alcohol.”—DR. LEONARD.

“He who uses alcohol freely or frequently, or by itself and apart from food, is surely laying up disease and degeneration for himself and probably for his descendants.”—*The Lancet*.

“Alcohol is positively injurious to the young and growing body.”—DR. WILSON (Edinburgh).

“If there were no alcohol in the world the human race would be a great deal better off.”—DR. DRYSDALE.

“If it were possible to annihilate alcohol in the world, humanity would be benefitted in a degree which it is impossible to estimate, and both in a moral and physical condition our race would rise to a higher level.”—MR. S. W. TIBLEY.

“To accustom the young, even up to full youth, to a relish for even the mildest description of alcoholic drink, as malt-liquor or wine, is one of the greatest cruelties and crimes of modern civilization.”—DR. TIMMS.

"All persons who make an abuse of porter suffer sooner or later from gout. . . . Beer is above all the aliment for gout."—DR. TODD.

ii.—ALCOHOL AND STRENGTH.

(A.) *Alcohol does not increase power.*

"Among the many existing causes of Intemperance is the still widely existing belief in the strength-giving properties of alcohol."—MR. W. COLLIER.

"I am bound to say that for all honest, enduring, fruitful work, alcohol never helps a human soul. Never, never."—DR. ANDREW CLARK.

"Every one, if only they would only try it faithfully, sufficiently long, and without prejudice, would find that the taking of alcohol, in any of its forms, was not essential to his daily work."—DR. R. BATTEN.

"Alcohol does not yield force, and current opinions as to its worth in cases of weakness are utterly false."—DR. S. PATERSON.

"Alcohol in moderation may help a man to put on a 'spurt,' but it is no aid to a hard day's work."—SURG.-GEN. MACLEAN.

"A very large number of people fall into the error every day of believing that strong wine gives strength."—SIR W. GULL.

"An ordinary strong man, under ordinary circumstances, even of excessive labour, does not need alcohol."—PROF. ACLAND.

"Alcohol imparts no power to man."—DR. B. W. RICHARDSON.

"The employment of alcohol as a daily beverage cannot be justified on the ground that it increases the capacity for work."—PROF. T. R. FRASER.

"It is the feeling of fictitious power which is engendered by the use of stimulants which, no doubt, inclines so many to have recourse to them."—MR. S. W. SIBLEY.

"I have not the least belief in any strength-giving power possessed by alcohol."—DR. THOROWGOOD.

"Since becoming a Total Abstainer I have never done my ordinary work more easily to myself, feeling much more ready for overwork, much less sense of fatigue at the end of each day."—DR. HICKS.

"I can do more work with less fatigue upon non-intoxica-

ting beverages than ever I could upon alcoholic.”—MR. HARRISON BRANTHWAITE.

“Alcohol is of no value in health so far as work is concerned.”—DR. J. URQUHART.

(B.) Alcohol decreases power.

“The action of alcohol is to lessen the muscular power.”—DR. B. W. RICHARDSON.

“Alcohol is a certain hinderer of work.”—DR. ANDREW CLARK.

“It is best not to use alcohol during manual labour.”—DR. PARKES.

“Varied, repeated, and prolonged experience proves that troops endure fatigue and the extremes of climate better if alcohol is altogether abstained from.”—DR. SIDNEY RINGER.

“We know now, scientifically, that alcohol reduces the muscular power, and though it may for a passing moment give a flash to the muscular energy, it lessens the value and shortens the duration of the labour.”—DR. B. W. RICHARDSON.

“All the physiological forces are lessened by it, the temperature is lowered, and the muscular power decreased.”—DR. G. B. CLARK.

iii.—ALCOHOL AND WARMTH.

“The belief that alcohol produces warmth is one of the most common of popular errors.”—DR. GREENFIELD.

“It is certainly a fallacy to say that alcohol warms one; it acts in a contrary direction.”—SIR W. GULL.

“It is quite a delusion to imagine that alcohol causes warmth; it lowers the temperature of the whole body.”—DR. BRUNTON.

“Alcohol is a very active refrigerant.”—PROF. SEE.

“The habitual use of alcohol lowers the power of resistance to cold or heat, and so works mischief.”—DR. GREENFIELD.

“Does alcohol produce heat? Investigation answers, It does not. Nor does it increase the cold-resisting power of the body. Altogether the reverse.”—DR. N. CARMICHAEL.

“No rise of animal temperature follows its use, but, on the contrary, there is rather a decrease.”—DR. PARKES.

“I look back with horror to my former belief that I ought to give alcohol in the collapse of cholera to bring back the animal temperature.”—DR. B. W. RICHARDSON.

“Alcohol produces the diminution of the exhalation of carbonic acid, and the depression of the body temperature.”—DR. B. BRODIE.

“A reduction of temperature invariably follows the administration of ethylic alcohol, sometimes preceded by a slight rise.”—MR. H. BRANTHWAITE.

“The greater the cold the more injurious is the use of alcohol.”—DR. JOHN RAE.

“Alcohol diminishes the power of endurance and of resistance to both heat and cold.”—SURG.-MAJOR H. CAYLEY.

“The temperature of the body is not only not increased by alcohol, but is slightly and constantly diminished.”—DR. H. G. TODD.

“The dilated blood-vessels which suggest to drinkers that alcohol is a warming substance in reality cause a reduction of temperature by permitting a rapid cooling of the blood when the surface is exposed to cold.”—PROF. T. R. FRASER.

“No advantage can be claimed for the employment of alcohol as a drink in cold climates, since it is well known to paralyse the vaso-motor centres, and hence dilate the capillaries, and as a consequence to cause undue loss of heat by radiation, evaporation, and conduction.”—*The Lancet*.

iv.—ALCOHOL AND NUTRIMENT.

“It is the idea that alcohol is nourishment which makes half the drunkards we have.”—DR. W. CUMMINS.

“There is no longer any authority of weight who would seriously maintain that alcohol is a food.”—MR. ERNEST HART.

“Alcohol is not food in any sense of the term.”—PROF. MILLER.

“It is clear we must cease to regard alcohol as in any sense an aliment.”—DR. T. KING CHAMBERS.

“The claim that alcohol can be regarded as in any sense a food must be definitely discarded.”—DR. D. BRODIE.

“There may be cases in which it is useful as a medicine, but not as food.”—SURG.-MAJOR POOLE.

“It is only lately we have begun to regard alcohol in its true light, as a drug and not as a food.”—MR. SPENCER WELLS.

“The idea was becoming fixed in the public mind that there was no nutrition in alcohol, and happily it was being

sustained and fostered by the researches of science.”—DR. GLADSTONE.

“There is no true analogy between alcohol and food.”—DR. T. HAWKESLEY.

“I can no more accept alcohol as food than I can chloroform or ether.”—DR. EDMUNDS.

“Alcohol can be of no use to me or any other animal as a substance for food.”—DR. B. W. RICHARDSON.

“The evidence is against its use as a food, as it acts the very reverse of a food.”—DR. G. B. CLARK.

“We are to-day in a position to say that alcohol cannot be ranked with any known food.”—DR. RAWLINGS.

“Alcohol as a food is utterly and completely valueless.”—DR. R. M. INMAN.

“Alcohol is not shown to have a definite food value by any of the usual methods of chemical analysis or physiological investigation.”—DR. J. EWING MEARS.

“All alcoholic drinks are more injurious than useful as aliments, even when used in moderation.”—DR. T. HAWKESLEY.

“There is no support to the body in the use of alcohol.”—DR. J. C. REID.

“Alcohol is really the most ungenerous diet possible.”—DR. T. KING CHAMBERS.

“Medical men, in prescribing alcohol, encourage the tendency in the minds of many to exaggerate the value of alcohol as an article of diet.”—DR. A. GORDON MILLER.

“Facts, as well established as any in the domain of physiology, or in the whole field of natural science, points with all the clearness and force of a mathematical demonstration to the conclusion that alcohol is in no sense food.”—DR. N. S. DAVIS.

“For a substance to be a true food it must also be innocent in relation to the tissues of the body, and this *sine quâ non* could not be affirmed of alcohol.”—DR. EDMUNDS.

“Alcohol does not nourish the tissues.”—DR. L. BEALE.

“There is nothing in alcohol that can make any vital structure of the body.”—DR. B. W. RICHARDSON.

“It is quite impossible that alcohol can contribute to the formation of any tissue or organ, with the single possible exception of fat.”—DR. N. CARMICHAEL.

“The influence of alcohol, whether in animals or vegetables, is never to stimulate life-growth, but always to hinder and depress it.”—DR. J. RIDGE.

"Alcohol is a needless luxury, never to be indulged in but at a certain risk."—DR. N. KERR.

"No amount of alcohol can form one single cell of living tissue; no amount of it can form one single blood globule, one single muscular fibre, or one particle of tissue."—DR. N. CARMICHAEL.

"Before a man could get a substantial meal of alcohol he would certainly be dead drunk."—DR. J. M. FOTHERGILL.

"The nutritive value of half a pint of choice wine is commercially equal to one 420th of a penny."—MR. W. MATTIEU WILLIAMS.

v.—ALCOHOL AND DIGESTION.

"The use of alcoholic stimulants retards digestion."—DRS. TODD AND BOWMAN.

"The dyspepsia from alcohol is one of the first indications of its baneful action."—DR. B. W. RICHARDSON.

"The fashionable, but to my mind erroneous, doctrine of the present day, that alcohol in one form or another is necessary for digestion."—DR. MURCHISON.

"What evidence is there that a healthy stomach can be made to digest food more rapidly and perfectly by means of alcohol? There is absolutely none."—DR. J. J. RIDGE.

"By direct contact alcohol acts upon the stomach, and leads to a destruction of its secreting tubules."—DR. PARRY.

"Alcohol coagulates the albumen of the food, rendering it less digestible."—DR. A. CARPENTER.

"Vinous liquor acts as a two-edged sword. By its first operation it increases that indigestion of which it has already so largely contributed to lay the foundation. Its second is little less pernicious to the enfeebled viscera. This depends on the change into vinegar which wine, however genuine, undergoes."—DR. BEDDOES.

"Alcohol precipitates the peptones which are necessary for digestion, renders them inactive, and deprives the stomach of a portion of its digestive power."—DR. A. CARPENTER.

vi.—ALCOHOL AND THE BRAIN.

"It is to the apparatus of sense, and thought, and reason, and responsibility, and nervous system, and especially its great centre, the brain, that alcohol is first attracted, after its has entered the circulatory system; and this mechanism, the soul's concentrated instrument, affords the chief theatre

of its ravages ; alcohol is specifically, and, to all intents and purposes, a cerebral poison.”—PROF. YOUNG.

“All things of an alcoholic nature injure the nervous tissue *pro tempore*, if not altogether.”—SIR W. GULL.

“The effect of alcohol upon the nervous system may be described as one of progressive paralysis.”—DR. BRUNTON.

“Of all organs of our body the brain is one which is most deeply affected by alcohol.”—DR. L. M. KLEIN.

“Alcohol is a poison that has an especial affinity for nerve tissue.”—DR. D. M. CASSIDY.

“A kind of affinity exists between alcohol and the cerebral matter.”—DR. PARRY.

“There are diseases in which the doctor is highly culpable if he sanction the use of alcohol at all, excepting for special and well-considered reasons. I would particularize the entire classes of nervous diseases.”—DR. J. RUSSELL.

“There are, at least, five distinct varieties of mental derangement which own alcoholic Intemperance as their direct and efficient cause.”—DR. MAUDSLEY.

“Alcohol has the effect of bringing out many other brain weaknesses besides insanity, that without it might have lain dormant.”—DR. T. S. CLOUSTON.

“Of all the people I know who cannot stand alcohol, it is the brain-workers.”—SIR H. THOMPSON.

“Not even the temperate would benefit as regards the intellect by even a slight use of alcohol.”—SIR W. GULL.

“A man who lives by his brain is of all men bound to avoid stimulating his brain.”—DR. JAS. PARTON.

“There are few people who are aided in the actual performance of brain-work by alcohol.”—DR. BENNETT.

“Whatever else may feed the brain, workers with this organ should be assured that alcohol will not sustain it.”—*The Lancet*.

“Persons taking any alcoholic liquor at luncheon injure their brain power for the rest of the day.”—DR. GIBSON.

“I am confident that experience and science alike show that students are least able to resist the action of the poison, even in moderate doses, and that they are most liable to suffer seriously from its effects.”—DR. B. W. RICHARDSON.

“The habitual use of fermented liquor to an extent far short of that which produces drunkenness, diminishes the mental power to an extent which I think few people are aware of.”—SIR H. THOMPSON.

"Alcohol as usually taken is not a stimulant but a depresser, and people are under a delusion who think otherwise."—DR. WILKES.

vii.—ALCOHOL AND MATERNITY.

"There is no evidence that alcohol is more necessary or beneficial to nursing mothers, as such, and all experience points strongly in the opposite direction."—DR. GREENFIELD.

"The less alcohol that nursing mothers who are moderate drinkers take during lactation the better for them."—DR. KING CHAMBERS.

"Lactation is, perhaps, of all other times, that when alcohol is calculated to do most harm and least good."—DR. EDIS.

"It is a popular fallacy that the drinking of stout makes you better nurses."—DR. HEYWOOD SMITH.

"Numerous cases of the advantages which mothers derive by the practice of abstinence during the period of suckling have come under my own observation."—DR. GRINDROD.

"It is an idea too prevalent with nurses that fermented liquors increase the quantity of milk; but I am sure all intelligent physicians will agree with me that this view should not be encouraged."—DR. R. D. THOMPSON.

"I have observed that those females who have abstained from alcoholic drinks during the period of pregnancy have usually enjoyed immunity from many of the most distressing symptoms incident to the period. . . . My recent experience has convinced me that a large proportion of the disorders incidental to childhood may be obviated, or considerably mitigated, by the non-alcoholic diet of parents."—MR. BEAUMONT.

"Countless disorders among infants are due simply and solely to the popular fallacy that the nursing mother cannot properly fulfil her duties unless she resorts to the aid of stimulants."—DR. EDIS.

"It is not an uncommon occurrence at all that convulsions in infants are brought on simply by the drinking of the parents."—DR. L. M. KLEIN.

"Women of England, I charge you in the name of God, and as you must answer for it at the Great Day of Account, be determined that you will not be a party to the mischief which must follow from the daily use of alcohol."—DR. A. CARPENTER.

"The intemperate woman is curable by no drug, and her infirmity increases with her years."—DR. J. HADDON.

"A woman can kill her child by drinking—I suppose that if all women knew that they would be more careful."—DR. L. M. KLEIN

"Infant mortality is mainly due to two causes, the substitution of farinaceous food for milk, and the delusion that ale or stout is necessary as an article of diet for nursing mothers."—DR. EDIS.

"One of the chief causes of excessive infant mortality is the pernicious habit of drinking large quantities of ale or stout by nursing mothers, under the idea that they thereby increase and improve the secretion of milk, whereas they are really deteriorating the quality of that upon which the infant must depend for health and life."—MR. HARRISON BRANTHWAITE.

viii.—ALCOHOL AND HEREDITY.

"Not one of the transmitted wrongs, physical or mental, is more certainly passed on to those yet unborn than the wrongs which are inflicted by alcohol."—DR. B. W. RICHARDSON.

"I have no doubt that a drunken man never has healthy children; that, I believe, is an established axiom."—DR. BREE.

"The habit of the parent becomes the all but irresistible instinct of the child."—DR. ELAM.

"Many drinkers who were never drunk have yet transmitted very unstable nervous systems to their children."—DR. ANSTIE.

"All the diseases arising from drinking spirituous or fermented liquors are liable to become hereditary, even to the third generation, increasing, if the cause be continued, till the family becomes extinct."—PROF. DARWIN.

"A father or mother who drinks is almost certain to deprave and ruin the morals of some of the offspring."—DR. DRYSDALE.

"Drunken women bring forth children like unto themselves."—ARISTOTLE.

"All the evils resulting from hereditary alcoholism may be transmitted by parents who have never been noted for their drunkenness."—DR. N. KERR.

"Those who have had the misfortune to be the offspring of parents under the influence of alcohol can only be kept from

the drunkard's fate by a lifelong Abstinence from all intoxicating liquors."—DR. A. CARPENTER.

"The children of drunken parents are more liable to attacks from prevailing epidemics, and sink under them sooner than other people."—DR. TAQUET.

"The father and the mother lay in themselves the foundation, and carry on by a constitutional germinal impulse over to their children a constitutional liking for stimulants."—DR. J. C. JACKSON.

"It is now well-known how apt Intemperance is to become hereditary, and to beget various forms of insanity."—PROF. G. H. B. MACLEOD.

"It is quite certain that the children of habitual drunkards are in a larger proportion idiotic than other children, and in a larger proportion themselves habitual drunkards; and they are also in a larger proportion liable to the ordinary forms of acquired insanity."—DR. MITCHELL, *Lunacy Commissioner*.

"The children of drunkards are deficient in bodily and vital energy, and are predisposed by their very organizations to a craving for alcoholic stimulants."—SIR W. A. F. BROWNE, *Lunacy Commissioner*.

"To drag an alcoholic from his fatal habit is not only to restore an individual to health, but it is to put him in a condition to procreate other than imbeciles, epileptics, or fools."—DR. MAGNAN.

"Persistent drunkards, in nine cases out of ten, plant the seeds of insanity and the allied nervous diseases in their offspring."—DR. A. WYNTER.

"I have little doubt that a large proportion of the great infantile mortality may be traced to drunkenness in the parents."—MR. W. C. GARMAN.

"A host of facts might be brought forward to prove that drunkenness in parents, especially that form known as dipsomania, is a cause of idiocy, suicide, or insanity in their offspring."—DR. MAUDSLEY.

"Alcoholism is a disease that may be transmitted as phthisis is from parent to child, and developed in after life."—DR. NEWMAN.

"No vice is more hereditary than Intemperance."—DR. D. YELLOWLEES.

"Many specific diseases, engendered by alcohol in the parent, are too often stamped in the child; while the propensity to its use descends also, making the evil interest compound in its totality."—DR. A. E. T. LONGHURST.

ix.—ALCOHOL AS A MEDICINE.

“No medical man should prescribe alcohol without a sense of grave responsibility.”—300 METROPOLITAN DOCTORS IN 1871.

“There was a time when medical men gave alcohol right and left in a manner that I consider simply disgraceful.”—DR. HARE.

“An altogether unjustifiable amount of indiscriminate stimulant ordering is indulged in by physicians.”—*Medical Press and Circular*.

“Not a few physicians, by the loose practice of prescribing alcoholic drinks, actually create in their patients a habit for strong drink which in too many cases is beyond control.”—*New York Medical Record*.

“In the prescription of alcohol I recognise the very great danger of inducing a habit worse in its consequences to the patient than disease or even death itself could be.”—DR. W. CARTER.

“We ought to exercise the greatest reluctance in prescribing alcohol until we are perfectly convinced that no other form of treatment will be of service; for in a very large percentage of cases the patient will continue his medicine for life, and in a few cases the doses will increase with wonderful rapidity.”—DR. J. MUIR HOWE.

“In prescribing alcohol for the cure of a disease, you set up one a thousand times more dangerous than the one for which alcohol is prescribed.”—DR. C. J. RUSSELL.

“If we go through the whole series of aches and pains to which our human frame is subject, we shall hardly find one in which alcohol has not been recommended as a specific.”—DR. GREENFIELD.

“If any patients seem anxious to be allowed to take alcohol, they are just the ones who ought to be refused.”—DR. D. WILLIAMS.

“I know of no condition of disease in which agents at least as suitable as alcohol cannot be found, and, considering the evil effects so frequently produced by alcohol on health and on social conditions, I think it will be admitted as desirable that, as a general rule, we should prefer the other agents.”—DR. N. CARMICHAEL.

“Should we contend for the medicinal use of arsenic if its widespread abuse and results were so painfully evident as is the case from alcohol?”—DR. BRANSON.

"Alcohol might be wholly dispensed with without any injury to the sick, every intelligent physician being able to supply its place with other remedies of equal, if not greater, value in the limited number of cases in which it is applicable."—DR. N. S. DAVIS.

"I believe the day is fast approaching, when the use of alcohol as a medicine will be almost, if not entirely, discarded from the *materia medica* of the physician."—DR. E. DAVIES.

"I have practised in my profession for forty years without using one drop of alcohol."—MR. LUCAS M. BENNETT.

"If by our advice and counsel we could limit the use of stimulants in the homes of our patients, and banish them altogether, we should deserve well of the nation."—DR. J. HADDON.

"In its whole history, and in its unholy alliance with medicine, alcohol has not cured a single disease *per se*; it is an antidote for nothing, a specific for nothing, a cure for nothing, a preventive of nothing."—*Medical Temperance Journal*.

"Speaking generally, disease is more satisfactorily treated without stimulants. . . . In the case of Teetotalers the action of medicines is more certain, and the issue of the case is usually more hopeful."—DR. A. E. T. LONGHURST.

"The water drinker glides tranquilly through life without much exhilaration or depression, and escapes many diseases to which he would otherwise be subject."—DR. JAMES JOHNSON.

"The greater a man's faith in the curative power of alcohol as a medicine, the stronger is his reason to abstain from it as an ordinary beverage."—MR. J. M. HOWIE.

"Hundreds of neuralgic, hysteric, and epileptic patients have been driven into drunkenness or lunacy, or both, by the careless folly of advisers who had no better reason for the prescription of large doses of alcohol, than the fact that these diseases are nervous weakness."—DR. J. G. WAKELY.

"In ordinary life, the use of alcohol as a sedative would be highly mischievous; even in disease the result can better be obtained by other means."—DR. GREENFIELD.

"Typhus and other fevers may be cured without alcohol."—SIR. W. GULL.

"My experiments show, as those of Gairdner, Bishop Henderson, Mudge, and Nicholls, have previously done, that all forms of fever can be successfully treated with little or no alcohol."—DR. N. KERR.

"My experience is that in treating cases of fever without alcohol we lose only 5 per cent. ; but 25 per cent. with alcohol. In cases of *delirium tremens*, where the patients were isolated and cut off from all resource to spirits and liquors, I have never lost a case."—DR. H. MUNRO.

"I believe that all cases of operation are better without alcohol, and I never administer it."—DR. G. S. BANTOCK.

"I believe it to be a grievous error to suppose that every sick or weakly child requires alcohol as a constituent of his diet."—DR. BENNETT.

"The old Jewish proverb about alcohol being 'the physic of fools,' has a remarkable ring of truth about it now. It may be termed the prince of quacks."—*Medical Temperance Journal*.

x.—ALCOHOL A POISON.

"Alcohol is invariably ranked amongst poisons by physiologists, chemists, and toxicologists."—PROF. YOUNG.

"Poisons are usually classed under the three varieties of narcotic, irritant, and narcotico-acrid, which contains the vices of the other two, To this third class of complex malignity alcohol belongs."—DR. J. GUTHRIE.

"All the authorities on poisons class alcohol as a narcotico-acrid poison of the most deadly kind."—DR. N. KERR.

"Alcohol is a true poison, produces kindred effects on man and animals, and is progressive in its action."—MR. W. J. SQUARE.

"Ethylic and all other alcohols are really poisons, and not alimentary substances."—DR. DRYSDALE.

"Alcohol is a most deleterious poison."—SIR W. GULL.

"Alcohol is a poison for which there is no antidote known."—PROF. MILLER.

"No poison is more certain in its action than alcohol."—DR. H. LEE NORRIS.

"Alcohol is a poison even in small doses."—DRS. THUDICUM AND DUPRE.

"Alcohol acts as a rapid poison if taken in sufficient quantities ; but as a slow poison if taken in smaller quantities."—DR. E. KENNEDY.

"Alcohol, according to its dose and the susceptibility of its victim, is either acute or chronic in its working ; a sudden poison or a slow one."—PROF. MILLER.

"Although custom destroys the consciousness of the

mischief, it has not the slightest lessening effect upon the poisonous influence which alcohol has upon the tissues."—DR. TIMMS.

"Alcohol is a poison of the most dangerous type."—DR. L. M. KLEIN.

"The local effects of alcohol are those of a powerfully irritant and caustic poison."—DR. PEREIRA'S *Materia Medica*.

"Alcohol is the most widely and intensely destructive of poisons."—DR. WILSON.

"The gist of the whole matter is that alcohol is an irritant narcotic poison and that intoxicating drinks have an irritant narcotic poisoning property."—DR. N. KERR.

"I never suffer ardent spirits in my house, thinking them evil spirits. Spirits and poisons are synonymous terms."—SIR ASTLEY COOPER.

"I ask the science of toxicology, and I found that among the most powerful of the poisons alcohol was one."—MR. JOS. MITCHELL.

"I do not know of any poison which has such a hold of the system, and I should be absolutely more careful in prescribing alcohol than any other poison I know of."—DR. R. M. INMAN.

"Intoxication is the poisonous action of alcohol on the nervous system, and is a stupefying, narcotic, or paralyzing action, attacking the highest centres first and proceeding gradually to weaken and paralyze those below, until death finally closes the scene."—DR. J. J. RIDGE.

"A poison having such deleterious effects is not to be tampered with, much less indulged in as a beverage."—DR. HEYWOOD SMITH.

"The death-rate from alcoholic poisoning in Great Britain is prodigious: it may be set down at something like one tenth of the whole death-rate of the country."—DR. LANKESTER.

"All writers on *Materia Medica* now rank alcohol amongst the most powerful and fatal of narcotic vegetable poisons."—DR. C. A. LEE.

"It would be difficult to find a more destructive poison than ardent spirits."—DR. GORDON.

"I cannot hesitate to recommend the entire disuse of such a poison, rather than incur the risks necessarily connected with its moderate use."—DR. W. HARLEY.

"Brandy and soda water should be avoided as rank poison."—DR. H. SUTHERLAND.